



digestion support & weight management

happybellyhealth.com

Good **digestion**
holds the key to
health & happiness.

Shanti Pappas founded Happy Belly Health on the principles of self-awareness and self-acceptance, with a deep commitment to education and understanding.

Are you **struggling** with

- weight-loss issues?
- a digestive disorder?
- your relationship to food?

Happy Belly Health will help you

- set and reach attainable health and lifestyle goals
- gain the knowledge and tools you need to change your relationship with food
- make real adjustments that will serve you for the rest of your life



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Contact Happy Belly Health
for a free health assessment:

Shanti Pappas
aadp-certified holistic health counselor
415.308.3529
shanti@happybellyhealth.com
happybellyhealth.com

One size
**does not
fit all.**

Shanti Pappas creates
an individual program
for each client
to address their
unique physical and emotional issues
around food and lifestyle.

Flexibility
is key.

The only thing forbidden
is denial.

Happy Belly Health works with you to

- find imbalances
- make connections
- create awareness

all in a quest to assess where you are
on your path to good health,
where you want to be and how to get there.